

# Bonding Over Boba

2025

PICU Wellness Committee

## Overview

**Boba Tea was delivered To three different events For three months to the PICU nursing staff to Improve social and Emotional wellness.**  
**Data Snapshot**

97% of staff that voted said the PICU wellness can be improved

The staff voted the PICU social wellness as a 2.95 out of 5

60% voted for onsite events

Post events

100% improvement towards the PICU social wellness

Social wellness increased to a 4 out of 5

67% votes for on site events



## Project Details

I emailed a poll to the PICU staff to ask them what pillars of wellness needed improvement in the unit among the nurses and social and emotional wellness was frequently voted on. Most of the staff also voted to have on site events. Boba tea is frequently ordered by the staff so the PICU Wellness Committee, which I am a part of, decided boba tea would be a successful event to draw staff together. Once a month, for three months, tea varieties of boba tea was delivered to the unit at 6:30pm so both day and night shift could enjoy this treat and have a chance to bond and contact during this overlap in change of shift at 7pm. The teas were dairy free already, so this helped satisfy dietary restrictions. At the three events, a qr code was provided to guide people to a poll to vote on how successful the event was and what other ideas they may have for future events. There were also question prompts to help get to know each other in fun ways.

## Project Challenges

The main challenge was the timing of the boba tea delivery. I heard frequent feedback that it was too late in the day for day shifters to consume caffeine. Happy Lemon, our boba tea vendor, did not deliver at 6:30 am. Even if they did, then I would have the same issue of it being delivered too late for night shifters to have caffeine. I wanted to have one event that would capture as many staff as possible so deciding on a time close to change of shift was my end goal.

My location of the event was also a challenge. Originally the boba tea was set up in the huddle room where all the nurses gather before change of shift. After huddle, the charge nurses stay behind to give their report. The charge nurses felt this was a distraction to have the tea in the huddle room because staff would interrupt their report by entering the room to receive their tea. After hearing the feedback, I moved the tea to the break room for the very last Bonding over Boba.

I also found it hard to facilitate doing three separate events. I schedule the events on shifts I was working because I didn't want to make a separate trip to the hospital. The unpredictability of each shift I worked added stress I was anticipating.

## Lessons Learned

I would recommend doing one event only and keeping it on site so more staff can enjoy the event. When it comes to caffeinated drink related events, I would suggest having a non-caffeinated option as well.



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